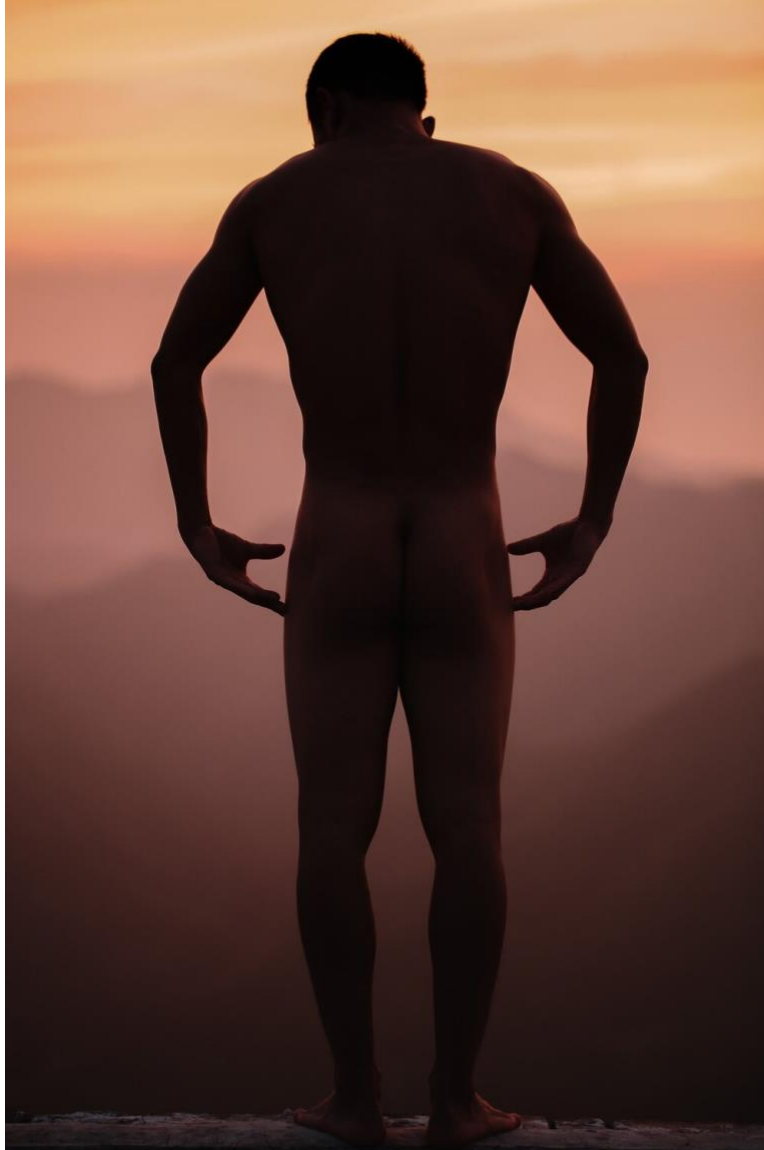


## Body Scan and Sweep



### Introduction

The Body Scan and The Body Sweep are processes designed to strengthen your awareness of the internal functioning of the body and mind as it develops in any given moment of relationship. By sustaining a rhythm of awareness that returns to sensation in



the body you can consciously choose to be in real time, in the here-and-now, and in the moment. Both practices anchor your attention to the moment.

## Exercise

- Gently close the eyes and allow the awareness to find the breathing.
- Notice where in the body the sensation of the breathing is predominate.
- Allow awareness of breath.
- Notice as the awareness drifts or if a thought or image calls the attention.
- Gently bring the awareness back to the sensation of breathing.
- Allow the awareness to gently drift down and into the feet.
- *Ever so slightly tense and release.*
- Notice the shift in the field of awareness.
- Proceed through the body in a non-obtrusive manner.
- Awareness to sensation, breathing and relaxing.

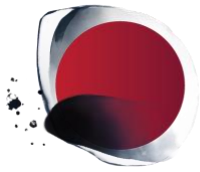
## Alternative Practice: The Body Sweep

### Introduction

The Body Sweep is a process designed to strengthen the individual's awareness of the internal functioning as it develops in any given moment of relationship. By sustaining a rhythm of awareness that returns to sensation in the body the communicator consciously can choose to be in real time, in the here-and-now and in the room.

### Exercise

- Gently close the eyes and allow the awareness to find the breathing.
- Notice where in the body the sensation of the breathing predominates.
- Allow awareness of breath.



- Notice as the awareness drifts or if a thought or image calls the attention.
- Gently bring the awareness back to the sensation of breathing.
- Allow the awareness to gently drift down and into the feet.
- **Dramatically tense and release.** Only so far as is comfortable and then a little bit more.
- Notice the shift in the field of awareness.
- Proceed through the body in a non-obtrusive manner.
- Awareness to sensation, tensing and relaxing, breathing, and relaxing.

## Rationale

- Both practices develop your capacity to concentrate.
- Enhances your mindfulness.
- Creates the capacity for making choice as to where and how to focus awareness.
- It is naturally relaxing.

Image courtesy of: [Road Trip with Raj @roadtripwithraj](#)

*The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.*